

News & Notes

#892 A weekly bulletin for residents of Auroville 16 October 2021



Louis Swami and the Auroville Bus

The Ponder Corner

It is the very nature of the soul or the psychic being to turn towards the divine Truth as the sunflower to the sun; it accepts and clings to all that is divine or progressing towards divinity, and draws back from all that is a perversion or a denial of it, from all that is false and undivine.

Sri Aurobindo

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House of Mother's Agenda

The Well of Honey (continued from last week)

That "heaven" we are searching for, they knew it to be here, in Matter:

*The treasure of heaven
hidden in the secret cavern
like the young of the Bird,
within the infinite rock.*

And we come to their ultimate secret, which is our mystery:

*Our fathers broke open
the firm and strong places by their words,
yea, the Angirasas broke open the hill by their cry.*

That un-covey comes back again and again in their Hymns:

*And thou hast opened the very Rock to light
by thy flashing strength
and thou hast found the wideness.*

And that dense solidity comes to mind which swept into this body, this "pipe," without reaching yet the end of the Vedic exploration:

*The rivers (of immortal life) became rushing floods,
floods that cleft their channel,
heaven was made firm
like a well-shaped pillar...
The hill parted asunder,
heaven accomplished itself;
the immortal rivers lodged upon earth
and distributed the largeness.*

Also that mysterious Sun... there, perhaps under our cloak of lead:

*They found that Truth,
even the Sun dwelling in the darkness.*

And always that Goal of joy, that immortalizing Nectar:

*O Life-gods, you foster a felicity
full of desirable energies...
O you who at once increase our being,
I seek from you that substance
by which we shall build
as if the world of light in the godheads...
This well of honey covered by the rock.*

The Seventh Earth

How far did those extraordinary Rishis go? We do not know. But one feels so strongly another way of being, so marvelous a sense of man's all-possible — another consciousness striving to build a divine earth, a divine man through his own divine powers. And their exploration, so deep and at the same time so high, of this Man mysteriously here under the stars, as if he were the place of a supreme metamorphosis where the two extremes of existence meet, where all earthly existences meet in ONE great Rhythm which is all the hearts of the earth, like a symphony.

(to be continued next week)

*Satprem. The Tragedy of the Earth -
from Sophocles to Sri Aurobindo.
Destiny's Turning Point*

Townhall Speaks

MINISTRY OF EDUCATION HAS ANNOUNCED A NEW CHAIRMAN

Dear Community members, the Ministry of Education has announced in the Gazette of India the nomination of the new Chairman of the Auroville Foundation and the new members of the Governing Board.

We hereby share the relevant section of the Gazette (click this link).

We will circulate at the earliest more information and some bio data about the members.

The Working Committee

(Anu, Arun, Chali, Hemant, Partha, Sauro, Srimoyi)

- Shri R.N RAVI, Governor of TN (Chairman)
- Dr. Tamilisai Sundarajan, Governor of Pdy
- Dr. Nirima Oza, dental, ex-member of the GB
- Shri Aravindan Neelakandan, writer, TN
- Prof. Goutam Ghosal, Autor West Bengal
- Prof. nandana Gurappa Basappa, Hyderabad

COVID IS AROUND

Dear Community, although the number of cases is declining in Tamil Nadu and in Villupuram, in recent days we have had new positive cases in Auroville after some time.

While the case investigation and contact tracing is going on we would like to invite the community to take conscious precautions and it is advised to cancel public functions and large gatherings at least until Monday 18 October 2021. This will enable us to properly assess the situation in the community and will help to prevent community chain transmission. In view of the upcoming festival season please be extra vigilant.

Distribution outlets, eateries and offices should function with the standard procedure in place.

Please, remember to continue applying all due precautions of wearing masks and maintaining distance when interacting with others and in public spaces/facilities, and regularly washing hands or using sanitizer.

It is advised that people with symptoms should contact Sante or the Health Center on phone only for consultation and medical advice. Even people who are fully vaccinated should be aware that they may get infected and act as a carrier of the virus, and inform Sante or the Health Center if they develop symptoms and take precautions.

Please contact the ambulance service only in case of emergency.

For testing or any logistical advice, please contact santecoordination@auroville.org.in (cell 80123 05151). Help of volunteers is needed for contact tracing, data entry, medical delivery, and food organization for persons who are in quarantine. Those ready to help can contact Sante coordination.

The list of quarantine remain [available at this link](#)

If you had contact with a positive tested person in quarantine, please contact Sante Coordination for further follow up.

*The Working Committee
(Anu, Arun, Chali (TOS), Hemant,
Partha, Sauro, Srimoyi)*

MATRIMANDIR SELECTION



Dear Community, we were happy to receive 19 self-nominations for new executives of the Matrimandir.

Please find below the list of persons who have nominated themselves for this work.

We now invite the community to share any relevant feedback (positive feedback is also encouraged) on the self-nominated persons in the context of their ability to contribute to the work at the Matrimandir.

Please note that feedback will not be considered from the point of view of making anyone ineligible, but only as additional information which may or may not be useful to the selection group when considering whether to select someone or not. Specific feedback, or information about a feedback-giver, will not be shared with the individual.

The feedback period will run for the next 2 weeks, until 28 October.

Please write to matrimandir_selection@auroville.org.in if you have any feedback to share with us.

Thank you for your participation.

Regards,

Matrimandir Selection Group

Amy (FAMC), Angelo (FAMC), Anu (WCom), Ganesh (AVC), Marc (FAMC), Meenal (AVC), Partha (WCom), Saisuresh (AVC), Shiva (AVC), Srimoyi (WCom)



Jonah Skoles	Eternity
Volker	Sve Dame
Luca Baldesi	Gaia
John Harper	Matrimandir Nursery
Vinai	Petite Ferme – Auromodele
Aurokala kumar	Djaima
Jayamoorthi	La Ferme
Elumalai	Bharat Nivas
Antoine Colombani	Sunship
Judith Robinson	Sunship
Divya Karun	Madhuca
Selvam Saminadhan	La Ferme
K. Gajendiran	Prayatna
Sundar.K	Aspiration
Jan Imhoff	Akashva, Auromodele
Aurobanu	Sangamam
Jean-Jean	Citadines
Rama Narayana	Courage
Igor Bushev	Savitri Bhavan hostel

**SERVICE TRUST UPDATE:
PTPS EXECUTIVE TEAM / ADVISORY GROUP**



Dear community, it's been a while since we have given an update about Pour Tous Purchasing Service (PTPS). You can see our 28 June AuroNet post here [<https://auroville.org.in/article/85377>].

The last couple of months have been spent in frequent talks with Kala and Kumar, with the FAMC, and with the proposed new executives. We have an agreement with everyone concerned that Kumar will become an executive, along with Joel (Sanjana), Naren (Sunship), and Kumaran (Le Ferme). This will be on a 6 month trial basis, as proposed by us and agreed by the FAMC and the new executives. The new team started recently, which you may have noticed. Kala will remain at PTPS during this transition period, but not as an executive, and is expected to hand over her duties to one of the new executives. She is, with the support of AVST and the FAMC, exploring her future possibilities.

At the same time we trust that you have read the announcement of the candidates for the PTPS Advisory Group; we have asked for your feedback. The feedback period was over on 18 September. Now a subgroup of the Trust and FAMC is interviewing the applicants. We hope to have the PTPS Advisory Group constituted within the next two weeks.

Please join us in expressing our gratitude to Kala and Kumar for their hard work at PTPS for so many years, and to welcome the new executive team of Kumar, Naren, Kumaran, and Joel. They will need all of our support and encouragement.

*Regards, Auroville Service Trust
Ponnusamy, Anne, Joseba, and Amy*

CLARIFICATION FOR NEEDING AN AADHAR CARD

Dear Residents, we have been receiving several queries regarding the need for an Aadhar card for visa renewals and other documentation needs. We discussed this with the Secretary and arrived at an understanding. Although the need for an Aadhar card is not mandatory, it is however desirable to have one because slowly services in India are getting Aadhar linked. Having a card becomes useful for foreigners as it has a higher acceptance compared to visa or passports needed during internal travel in India and availing certain services.

In the case of infants, Aadhar can be linked with one of the parents. People who have difficulty in going to the Aadhar registration centre can ask for an exemption. Residents who are out of the country can apply for extension of visa and apply for Adhaar on return. If someone needs to go at short notice abroad and needs a visa extension s/he can ask for an exemption.

Despite the benefits of Aadhar, if anyone still has strong reservations of getting an Aadhar card then this could be stated in a letter and an exemption could be asked.

Secretary has agreed no visa application would be held back because of the lack of Aadhar registration. We would like to thank the Secretary for her openness and flexibility to accommodate several requests and concerns from residents.

We trust this addresses the concerns that we have received but if there are still any questions, please don't hesitate to contact us.

*Best wishes, The Working Committee
(Anu, Arun, Chali, Hemant, Partha, Sauro, Srimoyi)*

FROM THE ENTRY SERVICE - ES # 103

Dated: 16-10-2021

The following people have been recommended by the Entry Board to join our community.

Please share your feedback within 2 weeks for potential Newcomers, Associates and Friends of Auroville and within 4 weeks for Potential Aurovilians, Returning Aurovilians, Youth and Spouse/Partner of an Aurovillian in writing to entryservice@auroville.org.in.

We thank you in advance.

NEWCOMER CONFIRMED:

- Emma MANI (British)
- Poovizhi PATCHAIYAPPAN (Indian)
- Saravanan MUNUSAMY (Indian)

CHILD OF NEWCOMER:

- Evangel Ray Mani (British) Born on 28/01/2007 (daughter of Emma MANI)
- Luca Joy MANI (British) Born on 03/03/2010 (son of Emma MANI)

AUROVILIAN ANNOUNCED:

Sandhiya PANNEERSELVAM (Indian) staying in Matrimandir Nursery and working at Matrimandir



AUROVILIAN CONFIRMED:

Rupam MISHRA (Indian)

RETURNING AUROVILIAN ANNOUNCED:

Doris TAOUCI (French) staying in Grace and working at Laboratory of Evolution Research and Kindergarten



NOTE:

The Newcomer probation year becomes effective only after the NC kit has been returned and should not exceed 18 months from the date of confirmation.

A Newcomer becomes an Aurovillian once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.

The date of becoming Aurovillian is the date of confirmation. An Aurovillian confirmed by the Entry Board is eligible to participate in all community decision-making processes.

A confirmed Aurovillian becomes officially a Resident of Auroville once the individual has filled in and signed the B-Form and his/her name has been entered in the Register of Residents (RoR) maintained by the Auroville Foundation Office (AVF).

A Resident of Auroville is eligible to become an executive of a Unit or Service of Auroville and to get an ID card issued by the Auroville Foundation.

A meeting with the Secretary of the AVF will be arranged by the Entry Secretariat according to the availability of the Secretary and not at any personal request.

*Yours,
The Entry Service*

**REMINDER:
EMERGENCY RA DECISION TO APPROVE**

A Provisional Residents' Assembly
Decision-Making Process

**Please ignore this reminder
if you have already submitted your vote.**



Thank You!

Dear Community, this Emergency Residents' Assembly Decision making process (RAD) is for the community to approve a provisional residents' assembly decision-making process (<https://bit.ly/3AJ4ukK>).

Emergency Ra Decision:

Please select 'Yes' or 'No' for the following statement:

I agree that the Provisional RAD Process can be used until a new RAD process is in place (stated intention within 9 months).

The Emergency RAD will run
until **SUNDAY, October 17 2021**

How To Participate

IN PERSON: In-person voting (meeting of the Residents' Assembly) will be organized at Solar Kitchen on Sunday, October 17, 11am - 2pm.

Please follow all cautionary measures to avoid the risk of spread of Covid-19 (wear masks, use hand sanitizer, maintain physical distancing, etc.)

ONLINE: Use your personalized voting link sent by the RAS to your email address.

Please look out for this email and participate in voting online. Web based Gmail interface users please check the Promotions / Spam / Junk tabs in case the email is not found in your inbox.

If you are an Aurovilian and didn't receive this email, please write to raservice@auroville.org.in.

Warmly,

The Residents' Assembly Service

Community News

AUROVILLE MATTERS

LAUNCH OF THE AURA NETWORK HOMEPAGE!

New Website
Is Live!

The Aura Network team is thrilled to share our new and updated website with you.

Here is the link: www.auranetwork.app

We now have a website where anyone can discover the amazing reality of the Aura Network mobile app.

What you wanted to know is there: project background, tutorial videos of how to navigate the platform as well as featured stories from our active members!

Thanks to a dedicated team effort this evolutionary (and revolutionary) new economy encourages us to go for manifesting the ideals of Auroville and provide another model for Humanity to thrive.

Please consider more active participation if you are already one of the more than 400 users, or join up, and enjoy the value we are creating together building a city the Earth needs.

The Aura Network Team

**TWO-PRONGED FIGHT
AGAINST COVID-19 IN AUROVILLE**

COVID-19 is pandemic (global) in nature and the countries in the world follow the principles and practices based on Modern Science in their fight against the deadly Coronavirus. The protocol of Tamilnadu Government, being followed in Auroville, consists of restrictions like wearing masks, maintaining social distance, avoiding social gathering etc. The strategies developed by Government of India are as follows: Test, Trek, Treat and Teeka (vaccination). People in the world have greater faith in vaccination and believe that it will minimize the effect of virus infection and the infected person would seldom succumb to death.

The other way to fight against COVID-19 is based on the principles and practices of the Vedic System of Existence. According to the Vedic Rishis, a virus is a hostile force. It means Chit-Sakti implying Sat or Being of Satchitannanda. Coronavirus is a hostile being similar to Dassyus and Panis of the Vedic Rishis who found them in the subterranean caves in the lower vital plane of universal existence. Sri Aurobindo says that the hostile forces have their own play and throw themselves out to realize their fulfillment in the cosmic play. The Mother thinks that they are the creations of the Supreme in the context of the world economy of things. The writer presumes that the above ideas are similar to those found in Darwin's Theory of Evolution. Struggle for Existence and Survival of the Fittest.

The Mother narrates her experience in fighting against the hostile forces to Satprem in Agenda, 22 and 24 January 1961. It is a very interesting, novel and wonderful account to read and enjoy several times. The Mother could not move, eat or sleep as she has been suffering from great pain in her knee. She aspires to find a reason for this state. She slips into her vital body which is one with the universal vital plane of existence. There she notices hostile forces which look like semi-human beings. They have created artificial hurricanes preventing the Mother from returning to her home. Different kinds of hostile forces are in league and attack the Mother in different ways. The Mother explains to Satprem that she has been doing the Cellular Yoga for more than forty years in order to fix the supramental consciousness in the cells so that they would become free from decay and death.

She adds that hostile forces are the rulers of the material domain of earth. She points out that certain hostile forces possess some elements in the cellular substance and make them throw away all the desirable changes made in the cells. As she has exhausted completely, she surrenders herself totally to the Supreme. She says that she looks at her supramental body within her physical body. It is white and slightly bigger than her physical body. It vibrates at great speed without moving in space. It ascends higher and higher until it unites with the Supreme Consciousness. The vibration of the Supermind reaches the Mother's knee and removes all the functional disorders and restores peace, harmony and happiness in it. The vibration of the hostile force could not stop this result. They become powerless.

(to be continued)

A. Somasundaran Mr Two Prong

ALIYA NYLA ANDREA IS BORN

We are so excited to announce to our Auroville family that our little girl Aliya Nyla Andrea was born to us on the 29th August.

We hope she will meet you one day and find a place in your heart and lives. We are so grateful to welcome this soul into the Auroville cradle where we know she will be held safely, and blossom beautifully. Much love to you all from the three of us.

Michael, Kavitha & Aliya

MATRIMANDIR ACCESS PROTOCOL

Dear Aurovilians and Newcomers, the Matrimandir Chamber is open daily from 6 to 8 am and 4.30 to 6 pm for all of you who are willing to cooperate with the following:

1. Shoes have to be worn as far as the Pillar. Why? Because dirty feet make the socks so dirty on the inside that they do not remain white anymore and also the socks we wear are not sufficient to prevent our Auroville red earth from getting into the white carpet on the ramp and in the Chamber. It is our collective responsibility to keep Matrimandir clean and beautiful.

2. Hands have to be sanitized.

3. Masks have to be worn over both the mouth and nose in the Chamber.

Why? Because that is the current government standard operating procedure and the Chamber is an enclosed a/c space. Please be aware there are new Covid cases in Auroville presently.

4. The volunteers at the Pillar and in the Chamber are giving their time in service to Matrimandir and they have the right to expect your cooperation and respect.

Thank you for your kind cooperation.

FOR YOUR INFORMATION

MEDITATIONS ON SAVITRI, BOOK ONE

The Book Of Beginnings,

Savitri
B H A V A N

Canto 3: The Yoga Of The King:
The Yoga Of The Soul's Release

Monday, 18 October 2021, 4pm at Savitri Bhavan.

Duration: 39min.

Aswapati, Savitri's human father, is a rishi-king who has mastered all his life-energies and offered them to the Supreme Divine Mother, the Shakti of Lord Brahma the Creator, the Goddess of Truth. This highly developed spiritual being has descended from the higher realms to bring a greater light of knowledge and power to the earth.

In the first stage of his Yoga, with the blessings of the Divine Mother in her aspects of Wisdom, Discernment, Intuition and Revelation his soul is liberated from Ignorance, bringing about a first transformation of his mind and body which enables him to draw the energies that can transmute an entire age of humanity:

*A genius heightened in his body's cells
That knew the meaning of his fate-hedged works...
Beyond life's arc in spirit's immensities.
Apart he lived in his mind's solitude,
A demigod shaping the lives of men:
One soul's ambition lifted up the race;...
He drew the energies that transmute an age. (pp.44-45)*

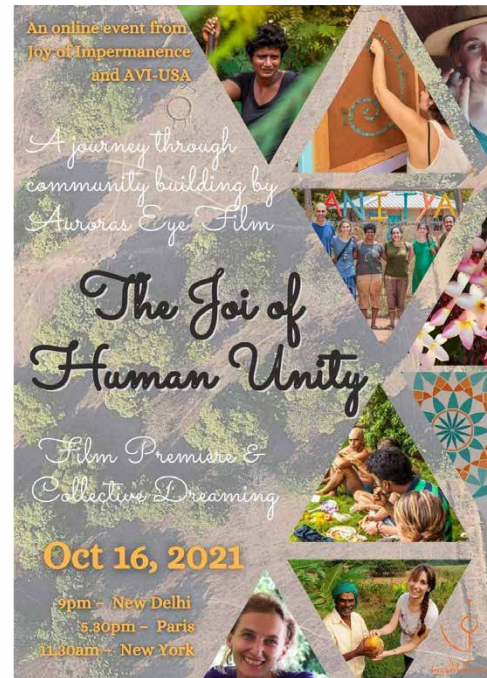
A meditative film featuring several of Huta's paintings illustrating passages from Savitri read by The Mother and accompanied by her own organ music which can connect us to the Divine Presence within and lead us towards the spiritual truth and the New Consciousness.

AURORA'S EYE FILMS



Dear Friends, greetings from Joy of Impermanence Anitya! We are writing to share with you an event we are jointly hosting with Aurora's Eye Films and AVI USA on the 16th of October at 9pm India time to launch our new film 'The JOI of Human Unity'.

We invite you to an interactive evening where we share with you our lived experience of building community in Auroville, South India. Through our journey we invite you to dream with us the possibilities of an integral, creative future through community.



At Joy of Impermanence, we believe that humanity needs new solutions to our compounding collective crises. And we believe that these solutions cannot just change the way we think – they need to change the way we live. We aim to live in a way that honors the essential impermanence of nature, and to allow our collective intelligence to guide as we create sustainable spaces that protect and enrich the Earth and each other. We believe that the insights that arise from our collective experiment in impermanence and sustainability are valuable, and we are committed to sharing them

At this film premiere we will be speaking about our community building journey and will hold a collective dreaming experience with live music for you to participate in. Do join us if you feel inspired to know more and support us!

Please register at <https://aviusa.org/joi/>

After you donate, you'll receive an email confirmation, and then during the week of October 11th we will email you again with a link to join the event

Your donation will support the Joy of Impermanence project's ongoing work to explore community living in the spirit of impermanence and share their learning with the world through interactive educational events and activities.

With love and light, JOI Anitya team

(Mathilde, Nikethana, Andres, Ion, Serena and Mira)

Serena Aurora Independent Filmmaker

Youtube: <http://www.youtube.com/AurorasEyeFilms>

Website: <http://auroraseye.wordpress.com>

Facebook: www.facebook.com/AurorasEye

Instagram: https://www.instagram.com/auroras_eye_films

**THE FRENCH PAVILION PRESENTS
"A HISTORY OF LADAKH THROUGH ITS HERITAGE"**

Discussion

with Dr. Quentin Devers

Saturday 16th October 2021 at 5pm

Town Hall – Cinema Paradiso

in French with audio translation in English,

length: 90min



A chronicle of grand fortresses, old temples, stone Buddhas, rock art and gold mines.

Dr. Quentin Devers is a permanent researcher at the French National Centre for Scientific Research (CNRS), within the French Institute of Pondicherry. He has been researching the heritage of Ladakh since 2009, surveying well over a thousand historical sites. In this presentation, he will show the latest discoveries made in the course of the comprehensive documentation that he is conducting in partnership with the Indian National Trust for Art and Cultural Heritage (INTACH).

Ladakh shelters a rich yet forgotten heritage, comprising of millennia-old rock art sites, ancient temples, rock-cut Buddhas, abandoned gold mines, etc. The most striking remains are perhaps the fortresses of the region, built atop majestic and inaccessible peaks. Their function was to defend the vast resources of this territory, rich in gold, sapphires, pashmina, musk, salt, etc.

These caused diverse population groups from the surrounding regions to settle in these high desiccated valleys, and led to bandits and armies from all origins to fight fierce battles in a struggle to control the rich trade routes and precious resources that structured this land.

LET'S TALK ABOUT DEATH, 2ND YEAR, PART I

Saturday, 16 Oct. 2021

at Pavilion of Tibetan Culture, from 3 – 5 pm



The 'Let's talk about Death' group intends to provide space, time and content on the topic of Death in Auroville.

We have met several times during 2020/2021, at different locations, with each time 20 new interested people attending.

The sharings are always heart-warming and inspiring. We learned a lot.

The 1st date of this new series of gatherings is coming **Saturday 16 October 2021** at the Pavilion of Tibetan Culture. We'll start at 3pm with coffee & cake, followed by sharing until around 5pm.

**MULTI MEDIA CENTRE AUDITORIUM
(MMC, TOWN HALL)**



Friday 15 October 2021

Screening on Friday 15 of October will be cancelled

Dear friends, our screening on Friday 15 of October will be cancelled. The burial of our dear fellow Gerard will happen during this week! For this reason the movie "Tess" will screen on Friday 29 October.

Friday 22 October 2021, 7:30 PM

DREAMS ("YUME")

Directed by Akira KUROSAWA - Japan, 1990

With: Akira Terao as "I" in The Tunnel, Chishu Ryu as "Old Man" in Water mills, Martin Scorsese as "Vincent van Gogh" in Crows, Mitsuko Baishô, Toshie Negishi

Synopsis: A collection of 8 tales based upon the actual dreams of director Akira Kurosawa at different stages of his life. They express his fears (war, the nuclear weapon and industry, pollution and destruction of nature and the planet) but also his passions (painting, with Van Gogh featuring an unrecognizable Martin Scorsese as the painter, nature, especially the trees, fairies and other fantastic characters.) They include: Sunshine Through The Rain, The Peach Orchard, The Blizzard, The Tunnel, Crows, Mount Fuji in Red, The Weeping Demon and Watermills in the Daio Wasabi Farm.

This screening will be in honor of our dear fellow Gerard, who passed away recently!

Original Japanese version with English subtitles, Couleur, Duration: 1h.54 min.

Aurofilm - Kalabhoomi - Auroville,

Tel. 91-0413-2622037

on Auroville Website: auroville.org - art and culture

AURODHAN ART GALLERY OFFERING



Celebrating 150th birth anniversary of Shri Aurobindo and 6th year of Art For Land. Inviting young and emerging performance artists to perform at the Aurodhan art gallery in Puducherry. This is in association with an Art For Land exhibition - Offering hosted by Aurodhan art gallery from 20th October to 7th November. Performances during this period and for a duration from 30-60 mins preferably in the evenings.

An Art Exhibition Hosted by Aurodhan Art Gallery in Association With Art for Land Auroville

Celebrates

150 years BIRTH ANNIVERSARY

6 Years of Art for Land

ON 20TH OCTOBER - 7TH NOVEMBER 2021

INAUGURATION ON 20TH OCTOBER
At Aurodhan Art Gallery Pondicherry
Time: 06:30pm

EXHIBITING ARTISTS
AUDREY · AUGUSTINE THILAK · CHANTAL GOWA · CRYSTAL · DILIP PATEL · GAP · OREV · SATHYA
HANNAH SEELE · HARSHILL PATEL · HELENE GAGNON · JYOTHI KHAREE · KIRITI · KIRTI CHANDAK
LALIT VERMA · MAIRE · CLAIRE BARSOTTI · MARLENKA · NICHOLAS ROERICHS · PRABHAT BISWAS · PRITI GHOSH

*The lands for Auroville are to be bought and can be bought.
The money is needed. Will you help?
- The Mother*

**33, Francois Martin Street, Kuruchikuppam,
Pondicherry 605012. Ph: 0413 2222795 / 2222449
www.aurodhan.com, manager@aurodhan.com**

AURINOCO OPTICAL FIBER CABLE (OFC) NETWORK

An essential infrastructure shared resource management proposal to the community

Dear Community, we are experiencing an unprecedented demand for online connectivity in the past few months. We have expanded the Fiber-2-premises installations significantly. Aurinoco has so far managed to keep finance and "borders" or responsibilities somewhat organic and handled it on a case-by-case basis. But the present situation demands that we become a bit more structured about this to bring mental clarity on the support, finance and responsibility aspect of your internet connection. Our aspiration is to provide an Auroville standard shared infrastructure service perhaps similar to the principle of PTDC.

As we do not yet know how this can be applied to communications in a practical way, we need to go through a learning curve.

Here is how we see it;

All our materials for the infrastructure and the data pipe feed for this community network infrastructure comes from outside Auroville similar to electrical/telephone services.

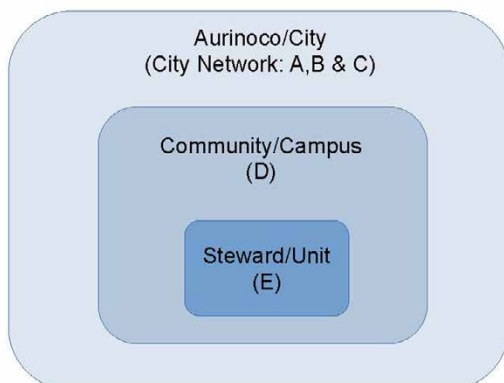
At present we are bound by the standard policies set by outside entities as:

1. Standard procedure of manufacturers for devices; 1year warranty
2. Standard procedure for maintenance; Paid AMC for services, equipment such as network switches, systems, servers and mostly spare parts are charged.
3. Standard procedure for upgrade and network repair (plus profits); is worked into the monthly bandwidth usage bills of customers

For no.1, Aurinoco follows the same. For no.2 Aurinoco charges a standard site visit when needed and spare parts at cost price (includes delivery cost). For no.3 Aurinoco has worked in ISP's bills, employees & office maintenance into the monthly bandwidth usage bills of Aurovilians. No profits and no reserve funds for upgrade and network repairs.

No loss either so far as some of the upgrade & network repairs have been done from private donations. The initial GOI grant has provided for the Auroville wide distribution cables, network switches, systems, servers, power UPS, gen-sets and devices. The grant is not available any more. Also we do not get City Services support for operations.

Aurinoco's OFC (Optical Fiber Cable/Communications) Infrastructure has the following responsibilities (repairs and upgrades) to take care of:



- A. Systems, Network equipment
- B. Inter/intra Network nodes
- C. Cables from a community/campus to the nearest service network node

- D. Cables & devices within community/campus leading to each building/independent-residence/unit
- E. Cables & devices within each apartment/independent-residence/unit

As you might have noticed, we have drawn borders above as shown in below diagram:

As a first step we would like to define these borders for the finance & responsibility of repairs and upgrades.

- Within the premises of steward/unit (E) will be solely responsible for the finance of repairs and upgrades.
- Within community/campus (D) all the stewards/units will be equally responsible for the finance of repairs and upgrades. It could also be campus management, or community common pot.
- Within city (A, B & C) Aurinoco will be responsible for the finance of repairs and upgrades. We are working on this and not sure yet about the finances.

In the coming days we will be contacting each community/campus to find a representative from each. It would be good if that representative is also capable of troubleshooting the usual CPE (client premises equipment) and help neighbours in this. That way the downtime and costs are reduced and our technicians have more time for A, B & C.

We would appreciate some positive feedback & support from the community. Let us know what you think?

Warm regards, Aurinoco team
aurinoco@auroville.org.in

DANCING FOR THE GODS AND THE EARTH

"Kottakuppam Performing Arts School"
Presents
Dancing for the Gods and the Earth

Venue: SAWCHU
Date : Sunday 31st October 2021
Time: 4.30 pm

TIBETAN DOCTORS COME FOR A VISIT



This is to share with you that the Team of Tibetan Doctors based in Chennai, are visiting us.

Friday 29, from 8.30am till 6pm
Saturday 30, from 8.30am till 1pm.

To get your appointment

- call us at 0413 2622401
- whatsapp to 8489067332.

The constitution is happening at the Pavilion of Tibetanmmc Culture International Zone Auroville.

Looking forward to seeing you.
Pavilion of Tibetan Culture team.

CENTRE D'ART AUROVILLE

Open call for Solo and Group Exhibition at Centre d'Art for the 2022/2023 season

Centre d'Art



Auroville

Centre d'Art is pleased to accept submissions of cohesive art projects, and we carefully go over all submitted portfolios. However, we hope you understand that due to a high number of applications, we cannot unfortunately reply in person to each submission. If we are interested in your work for exhibition, we will be sure to contact you via the details provided with your submission.

Submissions may be made to centredart@auroville.org.in If making a submission, please note the following guidelines:

- The subject line of any submission email must begin with the subject 'Exhibition Submission'
- All images should be sent as jpeg files, at screen resolution, not more than twenty-five images.
- Attach a short artist statement for the project being submitted, that will help us understand your work better.
- Provide contact details – email address.

Deadline for the submissions is 25 Dec 2022

Connect with us: centredart@auroville.org.in

Social Media: centre.dart

Web: www.centredart.in

Centre d'Art artist residency in Auroville

Centre d'Art residency is an opportunity for artistic exchange and experimentation, focusing on process-based and artist-led research. Centre d'Art encourages artists to pursue new research and widen their networks to support the development of their practice.

Centre d'Art residency guidelines:

Centre d'Art advises the artists to prepare the following information before starting their application. Images should not exceed 72dpi (low resolution JPEG image file format) and the text documents should be in a Word or PDF format.

- A short biography. (300 words)
- A letter of intent for the residency including motivation for choosing Centre d'Art residency program. (300 words)
- An artistic statement. (500 words)
- A short text about the body of work or research intended by the artist while in residency. (500 words)
- 12 images of artworks with captions, title, year, medium and size.

Selection and eligibility:

Centre d'Art residency is open to contemporary visual artists working in all disciplines. Though one must note Centre d'Art restricted facilities regarding the technical possibilities. It is important that all applicants research about Auroville thoroughly before submitting their application so as to be fully aware of the context which artists would be entering. The selected artist should be able to engage with the Auroville environment.

To Know more <https://centredart.in/artist-residency-auroville/>

Artist residency deadline 15 Nov 2021

Thank you for your interest.

Web: www.centredart.in

Connect with us: centredart@auroville.org.in

Warm Regards, Centre d'Art Atelier
Citadines Auroville-605101 Tamil Nadu India
+91 413 2622699

CALL FOR ARTISTS – AUROVILLE ART CAMP 2022

Every Finite is an Infinite – Visual artists apply to the third edition of the Auroville Art Camp



Open Call:

September 15th – November 15th

Submissions deadline 12am G.M.T.

The Auroville Art camp 2022 is going to happen! Thank you to all those who are contributing to this initiative. It will take place from March 12th to March 19th 2022 in Auroville.

The art camp focuses on the collaboration of Indian national artists with Auroville artists, they are working on a specific theme during one week.

The theme of this third edition is "Every Finite is an Infinite".

The Auroville Art Camp is calling artists to apply for the third edition of the Auroville Art Camp.

Applying:

Applications are open to:

A – Aurovilians and Indian Nationals artists

B – Art students (Aurovilians and Indian Nationals)

The following information is required from applicants:

- Bio data
- Artist Statement
- Pictures of your recent works, 5 images/ 10 Mo max (jpeg format only, name each file with your name_title_medium_size_date). No PDF. No google link.
- What is your project for the Auroville Art Camp? Please explain, in the form of your choice, how you imagine the theme of this year. What inspires you? What do you think you will work on during the art camp?
- Specify in which category you are applying (artist or art student)
- If you are applying in the art student category, specify what kind of studies you are/were committed to (free progress education, art college, self taught, mentoring, etc...)

Please email all applications to: aurovilleartcamp@auroville.org.in. All applicants will be contacted via email to confirm that their application is complete.

Selection:

Short-listed applicants will be informed by email by December. The final selection will be published at the end of December/ beginning of January.

Looking forward to seeing your applications !

KIRTAN – SINGING FROM OUR HEARTS

With Uphar & friends



Welcome to join us to celebrate life & 10th anniversary of Butterfly Barn, with a wonderful singing circle.

**Thursday 21.Oct, 5 to 7pm,
Butterfly Barn, Svedame**

Pls park by the entrance of the community (in or out), leaving the gate free.

Dariya

OBITUARY

GERARD CARABIN PASSES



At noontime of Sunday 10 October, our dear friend and brother Gerard Carabin passed away in his room at Marika House due to issues related to Parkinson’s Disease. He was 73 years old.

Gerard was born in Paris and came to join Auroville in 1973 at the age of 25 after watching J.P. Elkabach’s documentary on Auroville, which includes a Darshan of the Mother...

A musician, bass player in the Paris music scene, he arrived in Auroville where he was offered to work at the construction of Auromodele with Pierre Elouard and Cristo, for this was the need of the time! A film lover and passionate about Cinema, soon enough he started to organise film screenings in Auroville. First in 16mm, then with a set of two 35 mm portable Russian film projectors in Aspiration, and then in different places, like Certitude, the Auditorium at Bharat Nivas, and Fraternity, all under the umbrella of the service he created with friends and called Aurofilm. They would also do film screenings in the neighbouring villages with Poppo, assisted by some young Aurovilians like Selvaraj, Raman and others! SAIER was created in the early 80s under the inspiration of Shri Kireet Joshi, and Aurofilm was an obvious inclusion.

At Aurofilm, apart from doing research in Cinema and presenting films to the community, Gerard made a number of short films, from documentaries to fiction and poetic or experimental expression. In 1986 he went for a trip to Paris to make a film on Pondicherian Bharata Natyam dancers Pichaya and Vasanty Manet, and there he also worked for nearly a year as projectionist at the French Cinémathèque (equivalent to the National Film Archive).

Sri Aurobindo and Mother have always been his inspiration.

In the early 80s, during the ‘fight’ with the SAS, he was one of the Aurovilians going to jail, wanting to help Auroville to stay free from these ‘forces’. But in 1988 the Auroville Foundation was about to be created and the Government was taking over. Like some other Aurovilians, Gerard (along with his then partner Surya) left for France, only to return at the end of 1994, for good.

Whatever the situation, Auroville was his home and dream! Gerard and Surya restarted the film screenings in the Sri Aurobindo Auditorium, upgrading the film projection with good professional 35 mm machines made in Pondicherry from an Italian model!

These “Friday movies” are since a few years now happening at MMC, which welcomed Aurofilm when the Auditorium at Bharat Nivas was closed for long lasting repairs. Gerard always took great care of the choice of films screened in Auroville, choosing them from all over the world, classics, recent, “difficult” or “slow”, entertaining, and with an emphasis on presenting the richness of Indian Cinema. Regular Film festivals have been conducted every year thanks to his initiative ! His film selection was always aiming at quality and a possible way to uplift our human condition.

The current Aurofilm team will strive to keep up this goal, but already misses him a lot. Since a couple of years, Gerard had started developing Parkinson’s Disease and little by little withdrew from the office and screenings. Last year he moved from his simple studio in Citadines to Marika Home where he was welcomed and gently taken good care of, and where he passed away on Sunday 10 October in the mid-day, quite prepared.

Our love goes out to him, a “peaceful warrior” as a good old friend wrote about him, and we wish him a good journey onward, fully with Mother’s care and smile.

OM~

WORK OPPORTUNITIES

Administration/Secretary

We are looking for a suitable Secretarial person to manage our office (answer calls, emails, manage office supplies, coordinate meetings, make minutes and reports and organize files) someone who can receive visitors and supervise the workers.

- You have proficient computer skills and can do some basic accounting.
- You have good oral and written communication skills including good spelling and grammar (both in English and Tamil).
- You are comfortable working with the office team.

Full time maintenance is available. This job is initially till July 2022, but can eventually be extended to a full-time appointment.

Please contact us for more information and if you are interested in any of these work opportunities or if you are looking for something else.

You can find us at www.hriauroville.org or hr_hub@au-rovillle.org.in

AVAILABLE

Available for Free



A brand new Basketball Ring along with the net (45 cm – 17.7 inch – Kipsta). Any person who can put this to good use can collect it from S.E.W.A office located at Town Hall (next to Vehicle Service & behind Blue Light) any time between 9:00 am to 12:30pm and 2:30pm to 4:30 pm (Monday to Friday) and 9:00am to 12:30pm (Saturday).

You can call 0413-2622709 for any clarification.

Sandjivy

Studio For Classes And Workshops Available


We are happy to let you know that the Butterfly Barn floor has been renewed & slightly enlarged.

The rustic space with a lot of character & wonderful atmosphere, is available for yoga, dance, communication, creativity, singing etc. classes & workshops.

Butterfly Barn is an activity registered with Auroville Art Service. For information pls contact 9786658967

Dariya

House for Rent



HOUSE FOR RENT

Fraternity Guest House

Available for long term rent on a monthly basis, containing bedroom, kitchen and bathroom surrounded by Japanese-style garden.

Contact: **PRISMA**
Tel: 2622296
prisma@auroville.org.in

Available computer cabinet

ANTEC cabinet VSK 4000B U3 – exhaust fan is missing (we removed it to use it in another cabinet).

Size: H 44 cm * W 18.5 cm * D 41.2 cm. Maximum Graphic Card Size: 31.8 cm. 2 USB3 ports, audio In/Out. Bought in august 2020 @ Rs 2820. Very good condition. Contributions welcome.

Yvelise and Emanuele,
yvelise@auroville.org.in,
2623407, 8.30 am to 6 pm.

Available Elliptical Cross trainer



This Elliptical cross trainer SRS E5-301 was bought around 6 – 7 years ago, at VM fitness in Pondicherry. It works fine, smooth and sturdy, in good condition (except the electronic panel, stopped working in the first year). Contribution requested.

Yvelise and Emanuele,
yvelise@auroville.org.in
2623407, 8.30 am to 6 pm

Furniture and things Available

Some furniture (FabIndia wooden chest and desk), garden table with chairs, painting of the horse, professional speakers and amplifier, baby carriers and some traditional jewellery. Please contact me on whatsapp 9489244823

Kasia Wierzbicka

SHARING CORNER

Moped to Borrow



My moped is waiting for you in my garage. You can borrow it for a day. Please contact Veronique +919488512678

See you soon

VersHaut, Love Gratitude and Share

Voices and Notes

Rain
rain rain
Inside silence
-a golden calm -
and a word
ONE.

Anandi-a, Certitude

PRAYER



Sri Aurobindo: "Prayer is only a particular form given to that will, aspiration and faith. Its forms are very often crude and not only childlike, which is in itself no defect, but childish; but still it has a real power and significance. Its power and sense is to put the will, aspiration and faith of man into touch with the divine Will as that of a conscious Being with whom we can enter into conscious and living relations.

In spiritual matters and in the seeking of spiritual gains, this conscious relation is a great power; it is a much greater power than our own entirely self-reliant struggle and effort and it brings a fuller spiritual growth and experience."

submitted by Narad

AUROVILLE RADIO



Dear Aurovilians, please check the latest podcasts of your favourite radio! Stay tuned!

[Here you can listen](#) to the stream channel (playing 24/7).

[Here you can see](#) on-air schedules.

Last published podcasts:

[Savitri, B. X, C. IV, Part 1](#) (Integral Yoga)

[Tamil Epics – ep.9 “மணிமேகலை”](#) (Tamil Culture)

[Auroville Choir concert 2021](#) (Music)

[Audible Weed Walk – ep.59 “Mahalaya & Cattail”](#) (Food Education)

[Aarohan-ep.32 “In Harmony with the Aftab-e-Sitar”](#) (Music)

[Karpathu Tamil- Ep.1 “சித்தர் பாடல்கள்”](#) (Siddhar Songs) (Tamil Culture)

...and more! on www.aurovillerradio.org

For more information write to radio@auroville.org.in

Peace and Love

FROM THE EDITORS



We have noticed the extraordinary length of our Printer Version of News&Notes by our impressive Printer Bills.

It is sometimes necessary to make some editing choices. It is important for us to preserve our Open Source access to help Aurovilians reach out and communicate

what form of expressive work, ideas and inspirations to the community.

Therefore all rather lengthy repetitive articles will be posted once a month in our Regular Events.

Roy and AgniJata

News & Notes, Media Centre, Town Hall, 0413-262-213

ECO-SERVICE LADIES IN SOLITUDE FARM



Last week we hosted the ladies who run the eco-service in Auroville. We invited them to explore their cultural nutritional heritage with a talk, walk, workshop and lunch at Solitude Farm.

Kali had mentioned to me that sometimes the ladies would share some food with her; white rice, oily potatoes, carrots etc. She would ask them why don't you cook your traditional foods, why don't you think about being more healthy? And so, as this is what we have been doing for so long it made so much sense to invite them here.

I always start my workshops with clarifying the crisis we are in on this planet; ecologically, nutritionally, medicinally, economically, socially and even culturally. With these ladies it was easy to point out how life had been when they were little girls, how the festivals revolved around a relationship to the seasons, how there was no diabetes or hypertension, how people knew about local plant medicines and had a huge experience about local foods. We talked about how there use to be more time and how people cooperate together and how this relationship to Mother Nature was connected to a cultural identity. We explored specifically how we no longer know where our foods are grown, how they are grown, who grows them, if chemicals are used and if so which ones. They remembered how they used to live and, in some cases, still do, in some cases this knowledge is still alive and it was heartwarming to see how that knowledge which was expressed in understanding how to identify and cook certain plants, the foundations of a culture, were still alive and present.

We discussed which vegetables were used today and as these workshops always aim at empowering people, we selected two plants and harvested them and cooked them for lunch.

First, we looked at green papaya, which is nothing more than a carrot substitute. Peeled, grated and added to onions, garlic, ginger, chilli and topped off with some grated coconut it made an amazing dish.

Everyone can access green papaya, as it grows without any effort. It is essentially a weed. So this was something they could take home and do themselves. Next, we harvested Mayan tree spinach which has had a lot of coverage in Auroville and is also found in the village but is still not used very much. It has to be boiled for 10 mins first as it has toxins in the leaves but this wonderful spinach when, after boiling is sautéed with garlic and onions etc. is absolutely delicious. The plant grows on a woody stem that can just be snapped off and plugged into the ground and without any effort or know how, it grows. There is no expertise. It grows easily. This is the first characteristic of local food. As it grows easily it is thus found in abundance and this makes it non-exclusive as opposed to foods that are more industrialized like carrots and potatoes, beetroots, cauliflower, cabbage etc. In fact, most of the vegetables that we usually eat. The ladies understood that their great culture, like a banyan tree with Bharat Natyam, Carnatic music, ancient poetry, spiritual texts and architecture etc. did not emerge from these vegetables. It emerged from local foods that grow easily around them, like yams and banana stems, gourds and a treasure trove of different spinach. I think this created a spark of pride and understanding that coupled with the fact that this knowledge is still alive in them, was very empowering.

When we ate lunch, the ladies ate everything! Even the green papaya salad, which is not really part of local food habits, was truly a delight.

Then to top it off we had a surprise performance from our dear friend Mahesh Vinayakram who is one of the top Carnatic singers in Chennai and as it was his birthday he sang at our table a beautiful hymn to Shiva. It really made the event so special. The ladies left taking cuttings of the tree spinach with them and talking about how they wanted to start a collective food garden at the eco service. It made me think that this is something we can offer to our Auroville workers, "time". A little time every week to engage in a road back to Nature, because yes, it is difficult to address this subject in the village. Even in Auroville, anyone involved with me and others trying to promote the fundamental values of local food have struggled so much. So, addressing it together with the people who hold the last knowledge of this culture, the custodians of a cultural nutritional heritage, maybe a way that helps the rest of Auroville too.

Fukuoka said very clearly that the Society that doesn't know where it's food comes from is a society without culture and humanity without culture will perish. Isn't that where we are at?

I would be very honored to run monthly workshops directed at empowering workers of Auroville units. Yesterday a person working with the Prime Minister told me about a thousand of crores project to develop organic farming in India. He had asked if I could be involved. If I were to be involved there would be no doubt in my mind it would be initiatives like this targeting ordinary people, showing them that their cultural knowledge is precious and that eating good food is their birthright!

Reach out and we can make this happen here in Auroville.

Love, Krishna

www.solitude.farm [youtube.com/krishnamckenzie](https://www.youtube.com/krishnamckenzie)

Krishna McKenzie, 9843319260

Solitude Farm Cafe

www.krishnamckenzie.com

<https://www.youtube.com/user/emergencemusic>

"I dream a private dream of returning to my Eden, there no effort is required, not even courage"

Masanobu Fukuoka

CLASSES, WORKSHOPS & HEALING ARTS

ACTIVE NATURE



ACTIVE NATURE

FITNESS CLASSES

A functional fitness program for those who want to step up their health and fitness.

TO JOIN CONTACT:
[KIRA@AUROVILLE.ORG.IN](mailto:kira@AUROVILLE.ORG.IN)



AURINOCO WEBINARS

Being Happier

6:15PM to 7:15 PM

22 Oct (Friday), 23 Oct (Saturday) & 24 Oct (Sunday)

Is it futile, like trying to be taller? Or is it possible to be happier? Science says "Yes. It is possible to be happier in the current situations and circumstances"; validating the ancient wisdom.

A happy life goes beyond pleasures and positive emotions. It includes satisfying work, fulfilling relationships, meaningful aspirations and accomplishments. This webinar introduces you to the science of being happier and it's utility in our everyday lives. It is a non-religious event, with emphasis on 'how to be happier' that explores exercises of proven efficacy. Practicing the easy-to-do exercises boosts your happiness.

Friday: Science of happiness, common misconceptions, exercise for more positive emotions

Saturday: Happiness in work and relationships

Sunday: Meaningful aspirations and accomplishment

In the spirit of Auroville, this event is open to all and free. No registration is required. Please do share with others who could be interested.

Please join the webinar in time and attend all the sessions to be happier.

Zoom Link to join

<https://zoom.us/j/96772191307?pwd=V2hjaHFPQ1VwSk9iNUpSYkM0bkRYdz09>

Meeting ID: 967 7219 1307

Passcode: wellth

About the facilitator: JV Avadhanulu has been facilitating workshops in the area of wellbeing since 2008. More than 10,000 people attended the events facilitated by him in India and abroad. For more: www.wellth.org.in

Aurinoco Webinars is an initiative to leverage the internet and fiber optic network of Auroville to create a new window for making Auroville belong to the whole of Humanity and promote borderless participation.

"EXPLORE YOUR MIND"

3day workshop in hypnotherapy

"The answers you seek never come when the mind is busy, they only come when is still"

What is hypnosis?

How do the right and left brain function practically?

How do conscious and subconscious interact?

Explore the depths of your mind and relax!

Meditate with ease! Expand your therapeutic toolbox!

Apply Self Hypnosis

Workshop combining experiential learning and "Theory of the Mind"

Certified course from Ekaa www.ekaa.co.in

29 October, Friday, 4 – 7 pm,

30, 31 Oktober, Saturday, Sunday, 9- 5.30 pm

at Sharnga Guesthouse Yogahall

Info meeting 5- 5.30 pm. at Sharnga Guesthouse Terrace

Trainer Sigrid Lindemann

Certified Faculty in Hypnotherapy, Regression therapy and Classical homeopathy, Germany and Auroville

www.sigridlindemann.com

TAI CHI HALL IN SHARNGA PRESENTS

The Art Of Chi – Stevanovitch's Method

Tai Chi Chuan Workshop

18 October to 23 October, 2021



From Monday to Saturday, 7.30 AM – 10.30 AM
Beginners, chi and tai chi basics, 24-posture form
Taught by Krishna, the workshop is essentially directed towards

- Mastery of the body through breathing and muscular relaxation;
- Improvement of movement through balance and coordination;
- Learning to mobilize Chi. First perceiving it, then guiding it in one's body with the use of three factors: will, imagination and muscular activity.

Information and booking: taichi@auroville.org.in

Website: taichi.auroville.org, www.artduchi.com

EXPERIENCE PAINTING



CREEVA

In this time of change we in CREEVA (Center for Research Exploration Experience in the Visual Arts) suggest and welcome those who have not experienced making pictures since they were children. It has nothing to do with talent, it has to do with using your body/mind in ways you seldom do. Of course we all know most of us use words instead of images to communicate with each other. If we just change that from our side, enjoy, play, experiment you will be surprised how it may help in healing your perception and communication.

Call before you want to come, for we give classes which you may join or you may want an hour or two with guidance, music or just alone. Materials are available and free. No charge for Newcomers and Aurovillians. Volunteer Rs. 100, Guests Rs. 200. Only 12 yr. old and ages up.

Contact

Audrey – +0413 2622641

Abhijit – +91 757394469

We hope to see you soon.

Warm Respect from CREEVA.

MUDRA - CHI CHANGES TIME



Due to it getting darker after our class is finished, we are going to have the class at 4.30pm for now

Thanks for your understanding.

Saturdays 4.30 at Savtri Bhavan (at the Garden Within)

Facilitator: Anandi

Anandi-ayün

Smile please, everything will be OK.

Sonríe por favor, todo estará bien.

PITANGA: THERAPIES WITH VANI RESTARTING



A hearty welcome back to Vani and thank you for sharing with us again your range of therapy modules:

- **Energy therapy:** Fusion of deep guided relaxation, visualisation, reiki, pranic healing, and foot & cranial reflexology. (Duration 1h)
- **Rediscovering the Self-healing power and natural Intelligence of the body:** Experiencing the Presence within by quietening the thought process and contacting the body. (Duration 1- 1.5 hrs)
- **Journey to the memory of the body:** Journey through the trauma memories, emotional blockages and belief systems in order to release and heal these traumas, by getting aware & deprogramming these old believe systems put in place in the past, which keep us from living a very joyful life in the present. (Duration 1 – 1.5 hrs)

If you wish to take an appointment for these or any of Pitanga's activities, please call us at 262 2403 or write to us at: pitanga@auroville.org.in

See you at Pitanga, with a smile !

SERENDIPITY PROGRAMS

Ice Healing Hydrotherapy with Bala

Sunday October 17 from 10 to 1pm

Venue: Joy Hall (Serendipity)



Ice healing hydrotherapy (ice bath) is a form of cryotherapy in which we are sitting in chilled / cold water for an extended period of time.

Cold slows down the speed at which nerves send messages and immersing the body in cold water is a very efficient way of cooling down multiple groups of muscles at the same time. Just like an ice pack, it reduces swelling and muscle damage from exercise by constricting blood vessels and decreasing metabolic activity. It also reduces strain on the cardiovascular system and brings down hyperthermia (elevated body temperature), which can reduce fatigue.

Another beneficial part of the process comes after the cold stimulus has been removed. During this warming period, there is a return of fresh blood to the body, which floods the cells with nutrients and oxygen, and helps to flush out the waste products of tissue breakdown. We also look and feel younger after the ice baths and there are people who believe that we can reduce our body weight as we use more energy to warm up the body.

Maybe most impressively, however, is the mental health benefits that many experts are noticing in patients who turn to ice baths regularly. For example, proponents of ice baths say that cold water provides alertness that you wouldn't be able to find in a cup of coffee, thus it is a highly stimulating way to get your day off to a good start.

Another important benefit is working on freedom from fears. In fact, we become more open and prepared for any situation and challenge that life presents to us. We have time to process the information as our body is completely still and we bring our mind to a meditation stage. With practice, we reach a stage of total control in a situation which seems to be very extreme. This brings us calmness and tranquility.

This session is made up of a short lecture on anatomy and psychology, followed by the active meditation breathing practice of WIM HOFF and an ice bath (maximum 10 minutes); finally, there will be time to ask questions around a cup of herbal warm tea and some good laughter about the experience.

For more information about ice bathing please contact Bala directly by phone or Whatsapp (+91 9892699804) and for other activities write to serendipity@auroville.org.in.

Hatha yoga with Bala

Thursdays from 7.30 to 8.45, drop in class.

In our yoga class we will concentrate on Asanas, Pranayama and Meditation. These are dynamic classes in which we will use the principles of Hatha and Vinyasa practices, concentrating on movement and flow. Every class is organic and the structure of the session will evolve depending on the group of practitioners in that particular class. We will strengthen & relax each and every part of our body: mainly core, hips etc.

Conscious Life Counselling

With Stefania, on appointment only.

This exploration offers a flexible and safe framework for introspection and self-discovery, which aims at personal and spiritual growth. Different techniques (like Awareness Through the Body, Psychosynthesis, Integral Psychology, Bach Flowers and Astroshamanism) will be used to develop consciousness-based attitudes and skills that help an individual to face particular moments of challenge or change in life.

Contact: +919486363442

Serendipity (Ex. Joy Guest House)

Center Field, Auroville – 605101, Tamil Nadu, India

Landline: +91 (0)413 2965693

Mobile/Whatsapp: +91 9385623342

<https://serendipity.auroville.org>

<https://www.facebook.com/serendipityauroville>

TRANSFORMATIONAL YOGA-INTENSIVE

5 days: Monday, 18 – Friday, 22, October

8am – 9.30am

Come and join this Intensive workshop to purify the mind, body, emotions and prana. We will practice asanas along with Pranayama, Raja & Mantra yoga and Meditation. Designed for those who want to work on the self-discovering & inner Progress

You will learn:

- hatha yoga asanas
- how to breathe
- achieve clarity, peace and stillness
- Improve balance
- boost positivity
- stabilise emotions
- self-love, self-esteem and self-compassion
- to be present
- deepened relaxation
- greater self-esteem

For registration please contact Lakshmi

Lakshmiprem369@gmail.com or 8489764602

Under Synthesis activity of ASSA

Thanks, Lakshmi

ADULT AWARENESS THROUGH THE BODY SESSIONS

WITH ROSA

Are you interested in being part of a weekly ATB adults group? Rosa will be re-starting three adult groups in different venues and timings. One of the groups will be for people who have never done ATB before or did just a little and would like to reset the very basics on ATTENTION and CONCENTRATION.

Regular commitment is important to create a safe space for the work in order to go deeper in the explorations. There are limited places, which will be given on a first come first serve basis.

Please if you want to join us and want to get the details, kindly write to rosa@auroville.org.in

JIVA – YOUR JOURNEY IN HEALING AND TRANSFORMATION



“Natural Horsemanship” and “Horse assisted therapy”

Regular classes and therapy sessions with Mirrabelle. Individual and group sessions ongoingly

Natural Horsemanship

Focuses on body language of horse and human, which is universal, by effectively using intention and centered presence to communicate clearly, with purpose, and without violence. This is the key to building a vocabulary with the horse, your partner. Experience yourself beyond words! 7 horses and ponies of all sizes and temperaments are curious to know you!

Natural horsemanship improves your self confidence, your trust, your skills in nonverbal communication – and its just fun time to BE with a sensitive, naturally trained horse!

Natural horsemanship improves your self confidence, your trust, your skills in nonverbal communication – and its just fun time to BE with a sensitive, naturally trained horse!

Horse Assisted Therapy

Children and adults alike explore and heal with horses, discover nonverbal communication, rhythm, care and love for centuries. Mirrabelle works with special needs children past 7 years.

Mirrabelle lives with horses since she is 3 years young. Past 10 years she fulfils her life’s dream to bring children, adults and horses together in a healing way, in Auroville, Sharnga Guesthouse.

Mirrabelle has studied human and horse psychology, and offers consultancy on all aspects of horse care – hoots, nutrition, psychology, care, riding!

Contact: contact@auroville-jiva.com

Whatsapp 9626565134

Venue: Sharnga Guesthouse

DIWALI UPCYCLER’S MARKET



Date : 16 & 17 October
Time: 10 am to 4pm
Place: Re-Centre Auroville

Come and see our latest production of upcycled items!

Join our workshops and get
inspiration and materials from us
to do your own upcycling.

Happy Diwali

BLUE LIGHT DANCE STUDIO PRESENTS

Pure Traditional Odissi Classical Dance & Live Music

Live Streaming link: <https://youtu.be/pxbic718tD4>
Venue: Sri Aurobindo Auditorium, Bharat Nivas
Date: Friday 22nd October 2021
Time: 6.30pm

BHARAT
BHAVA
TALA
RAGA

BHARAT NIVAS

IMPORTANT INFORMATION ABOUT NEWS & NOTES

**Hard deadline for submissions or cancellations:
Tuesday 3pm**



The content of News & Notes is a reflection of the growth process of this community towards its ideals of harmony, goodwill, discipline and truth. Editing of submissions, mainly for reasons of space and clarity, is done according to an established policy.

How to submit material:

- Max size of the published poster is 9cm x 9cm independently of the size you sent. The bigger posters will be reduced.
- Material (no pdf files, please) may be sent in English only to newsandnotes@auroville.org.in.
- Articles for the Notes section should ideally be no longer than 500 words.
- Please do not send submissions and inquiries as a “Reply” to the digital subscription mail. There is no guarantee that anyone will see communications sent this way.
- Please try your best to send your announcements, reports, film schedules whenever they are ready. Any modifications of submitted News items must be sent to the editors before Tuesday 3pm.
- We regret not being able to attend to visitors on Tuesdays, Wednesdays & Thurs AM due to work pressure.

Visiting hours: call or email for appointment.

Disclaimer: The views expressed on these pages are those of their respective authors or work groups and do not represent the position of the editors or of the community as a whole. The News & Notes serves as a channel for the publication of material coming from trusted sources within Auroville. The editors cannot be held accountable for any alleged misinformation given or offence caused. In case of any dispute, the Auroville Council may be consulted and publishing of disputed material suspended.

News & Notes, Media Centre,
Town Hall,
0413-262-213



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
 Film Program
 18 October 2021 to 24 October 2021

Cinema Paradiso-Multimedia Center is in operation at 50% seating capacity as per the regulations. It is open to all. Mask is a must (and not scarves etc.) as well as standard Covid19 protocols. Please come and enjoy the films. To organize a seminar/program please contact us via email.

Indian – Monday 18 October, 7:30 pm
LOOTCASE

India, 2020, Writer-Dir. Rajesh Krishnan w/Kunal Khemu, Rasika Dugal, Vijay Raaz, and others, Comedy-Crime, 132mins, Hindi w/English subtitles, Rated: NR (R)

Nandan Kumar working in a newspaper printing press lives a normal life with wife and son. He finds it difficult to make his ends meet. One day while returning from night shift he finds an abandoned suitcase full of cash. He grabs and hides it in the house of his neighbor who is out-of-town. The suitcase belongs to MLA Patil and got abandoned during a shoot-out between his men and other groups. Nandan starts to live a lavish life with the money while keeping it a secret. However, Patil appoints Inspector Kolte to search for the bag because it also includes a file with details of land grabbing.

Interesting – Wednesday 20 October, 7:30 pm
EL AGENTE TOPO (The mole agent)

Chile-USA-Germany-Netherlands-Spain, 2020, Writer-Dir. Maite Alberdi w/Sergio Chamy, Romulo Aitken, Marta Olivares, and others, Documentary, 84mins, Spanish w/ English subtitles, Rated:NR (PG)

The film is a stylish combination of an observational documentary and a spy movie. Sergio is, sort of a Chilean spy. He is offered the role of one after a casting session organized by Detective Romulo, a private investigator who needs a credible mole to infiltrate a retirement home. Romulo's client, the concerned daughter of a resident, suspects her mother is being abused. However, Sergio is 83, is no 007. Still, he manages to gather information and, in the process, grows close to several residents only to realize that the menacing truth beneath the surface is not what anyone had suspected. The film is a unique meditation on compassion and loneliness that will reach your heart. *Don't miss!*

International – Saturday, 23 October, 7:30 pm
SATAMŪT FĪL- 'IŠRĪN (You will die at 20)

Sudan-France-Egypt-Germany-Norway-Quatar, 2019, Writer-Dir. Amjad Abu Alala w/Mustafa Shehata, Islam Mubarak, Mahmoud Maysara Elsaraj, and others, Drama, 103mins, Arabic w/English subtitles, Rated: NR (R)

When searching for a blessing on the day of her first-born child's naming ceremony, Sakina gets a curse. A travelling sheikh prophecy that her son, Muzamil would die at the age of 20. A devastated Sakina is left to mourn her son while he lives - a state her husband could not bear and left. Growing up under the constant loom of death, Muzamil becomes increasingly curious about what it means to live beyond his mother's protection. Encouraged by local elders, Sakina allows her son to study the Quran with the other children his age. And in this newly found freedom, Muzamil finds friends, enemies, love,... but what he truly seeks is a sense of the present and a chance at the future.

Children's Matinee - Sunday, 24 October, 4:30 pm
ONWARD

USA, 2020, Dir: Dan Scanlon, w/ Tom Holland, Chris Pratt, Julia Louis-Dreyfus and others, Animation, 102mins, English w/English subtitles, Rated: PG

Two elven brothers embark on a quest to bring their father back for one day

Rating codes we often use are from Motion Picture Association of America (MPAA): G=General Audiences, PG=Parental guidance suggested, PG-13=Parents strongly cautioned, R=Restricted (equivalent to Indian rating: A i.e. for Adults), NR=Film Not rated, Rating awaited, or Rating not available.

For scheduling programs at MMC/CP venue: please email us at mmcauditorium@auroville.org.in. We appreciate your continued support. Pl donate to "Cinema Paradiso" (account #105106) or set up for a monthly contribution. We need it now more than ever.

Thanking You,
 MMC/CP Group Account# 105106,
mmcauditorium@auroville.org.in